

# A Healthier Connecticut by 2020



A Webinar for Spanish-speaking People  
November 14, 2013



# Many Things Affect Our Health



Source: Drawing adapted from healthynashville.org

MENTAL SOBREPESO  
IMMUNIZACION  
ASMA  
PRENATAL  
DIABETES  
POBREZA  
SIDA  
CAIDAS  
HOMICIDIO  
RAZA  
ALCOHOL  
ETNIA  
INGRESO  
CANCER  
TABACO  
DIETA  
ENVENENAMIENTO  
SALUD



# Who Lives in Connecticut and in Our Community





# Who Lives in Connecticut (2012)

- Connecticut's population is getting older and more diverse

## Diversity:

- **Hispanic/Latino: 14.2%**
- White, non-Hispanic: 70.0%
- Black, non-Hispanic: 9.4%
- Asian non-Hispanic: 4.1%
- American Indian non-Hispanic: 0.2%

## Median Age:

- Connecticut residents: 40.4 years
- **Hispanic/Latino: 27.6 years**

## Don't Speak English Very Well:

- All Connecticut households: 1 in 19
- **Spanish-speaking households: 1 in 4**

## Living in poverty:

- 1 in 9 Connecticut residents
- **1 in 4 Hispanic/Latino residents**



# Leading Causes of Death



# Leading Causes of Death, Connecticut 2006-2010

(Ranked by Number of Deaths)

RANK	ALL CT RESIDENTS	HISPANIC/LATINO
1	Heart Disease	Cancer
2	Cancer	Heart Disease
3	Stroke	Accidental Injury
4	Chronic Lung Disease	Stroke
5	Accidental Injury	Diabetes
6	Alzheimer's Disease	Chronic Lung Disease
7	Pneumonia & Flu	Homicide
8	Diabetes	HIV Disease

Source: Connecticut Department of Public Health,  
Connecticut Resident Deaths: Leading Causes of Death by Sex, Race,  
and Hispanic Ethnicity, 2006-2010. July, 2013.



# Leading Causes of Premature Death Connecticut 2006-2010

(Ranked by Number of Deaths)

<b>RANK</b>	<b>ALL CT RESIDENTS</b>	<b>HISPANIC/LATINO</b>
<b>1</b>	Cancer	Accidental Injury
<b>2</b>	Heart Disease	Cancer
<b>3</b>	Accidental Injury	Heart Disease
<b>4</b>	Suicide	Homicide
<b>5</b>	Homicide	HIV Disease
<b>6</b>	Chronic Liver Disease	Suicide
<b>7</b>	Chronic Lung Disease	Chronic Liver Disease
<b>8</b>	Stroke	Stroke

Source: Adapted from Conn  
2013. Years of Potential Life Lost by Race/Ethnicity for Connecticut,  
2006-2010.



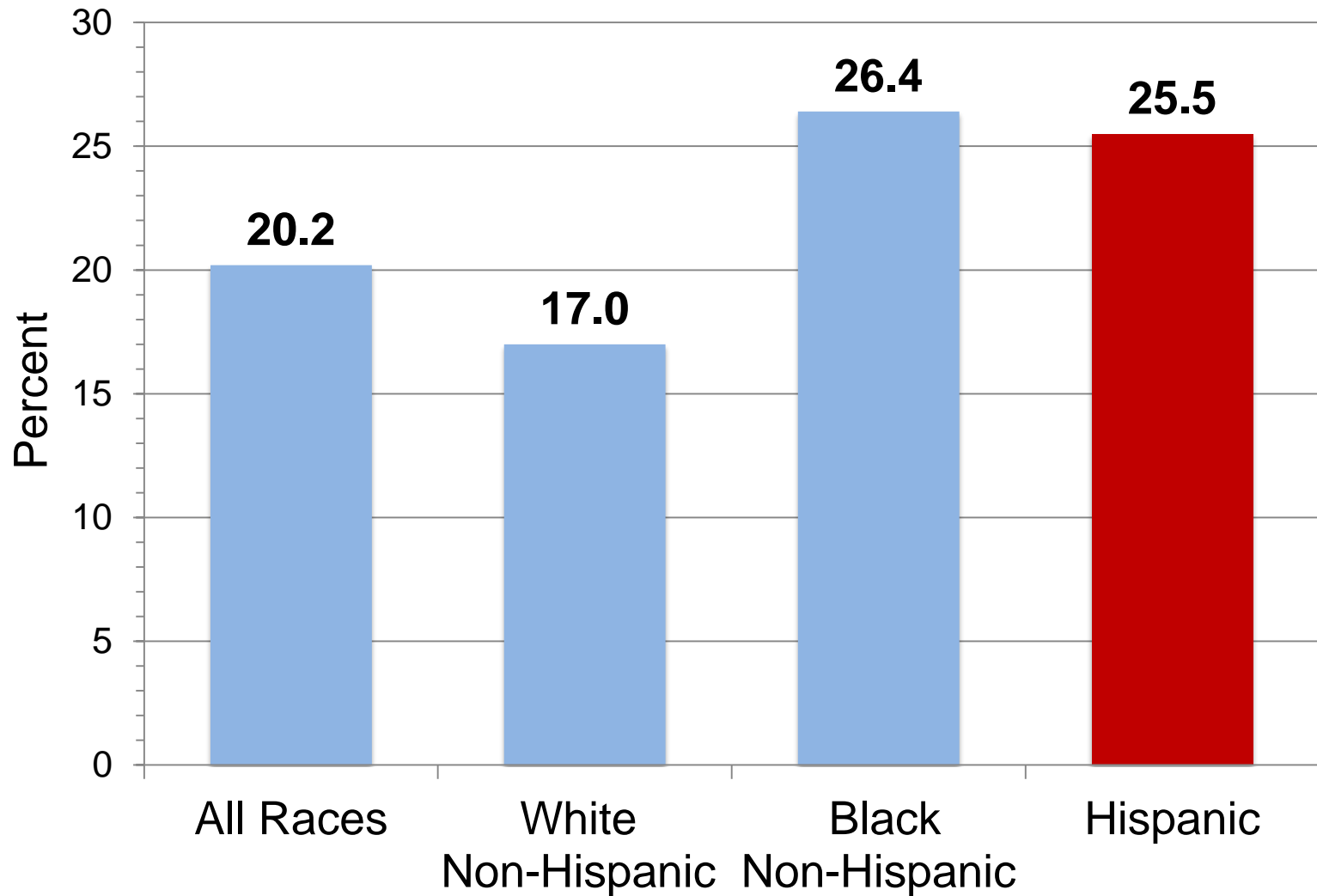
Connecticut Department of Public Health



# Maternal, Infant, and Child Health



# Non-adequate Prenatal Care, Connecticut, 2010

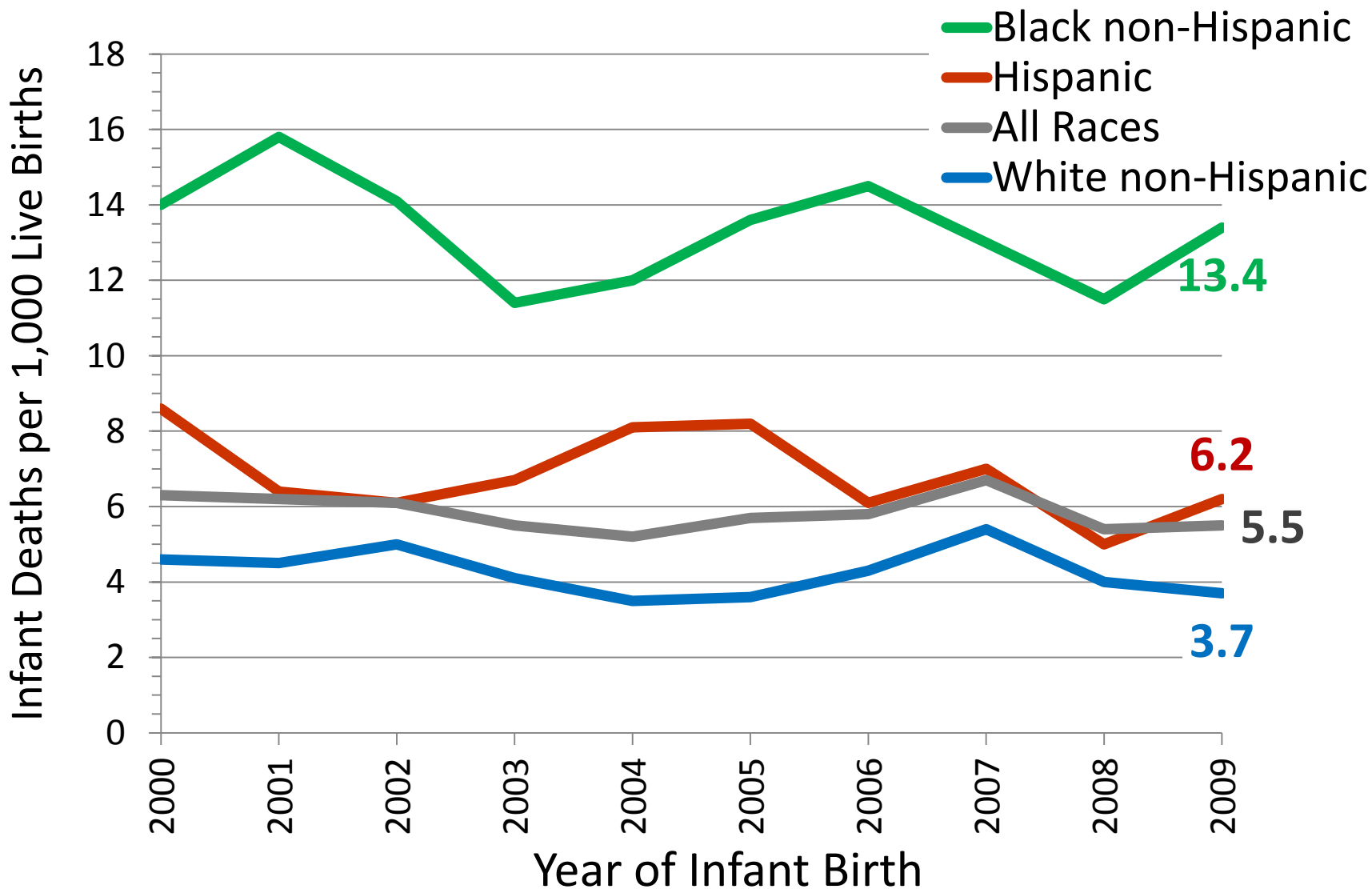


Source: Connecticut Department of Public Health,  
Vital Statistics (Registration Reports), 2010 ,Table 12.



Connecticut Department of Public Health

# Infant Deaths, 2000-2009



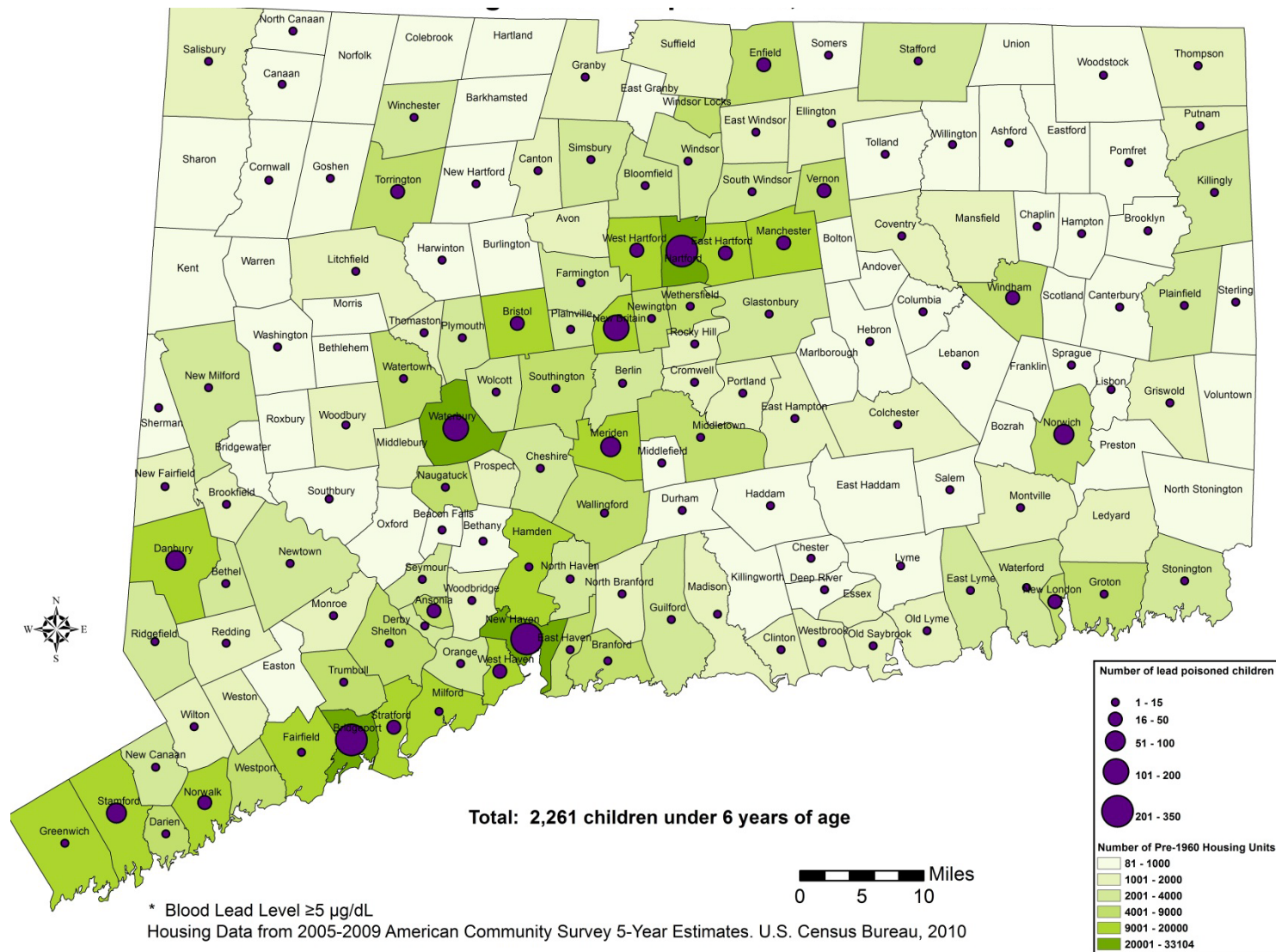
# **Our Environment: Health and Where We Live**



# Major Environmental Quality Concerns

Indoor Environment	Outdoor Environment
1) Mold and mildew	1) Ozone
2) Vapors, fumes and odors	2) Particulate matter
3) Insects, vermin, and other pests	3) Toxic chemicals, spills
4) Carbon monoxide	4) Pesticides
5) Secondhand tobacco smoke	5) Safe drinking water
6) Lead	6) Age of housing
7) Asbestos	7) Available and affordable healthy foods
8) Radon	8) Walkable communities and open space
	9) Wood burning boilers

# Lead-poisoned Children and Older (Pre-1960) Housing Connecticut, 2012





# Connecticut's "Food Deserts"



Source: U.S. Department of Agriculture, Economic Research Service, Food Desert Locator, 2009. Map provided by personal communication.



Connecticut Department of Public Health

# Chronic Diseases and Their Risk Factors



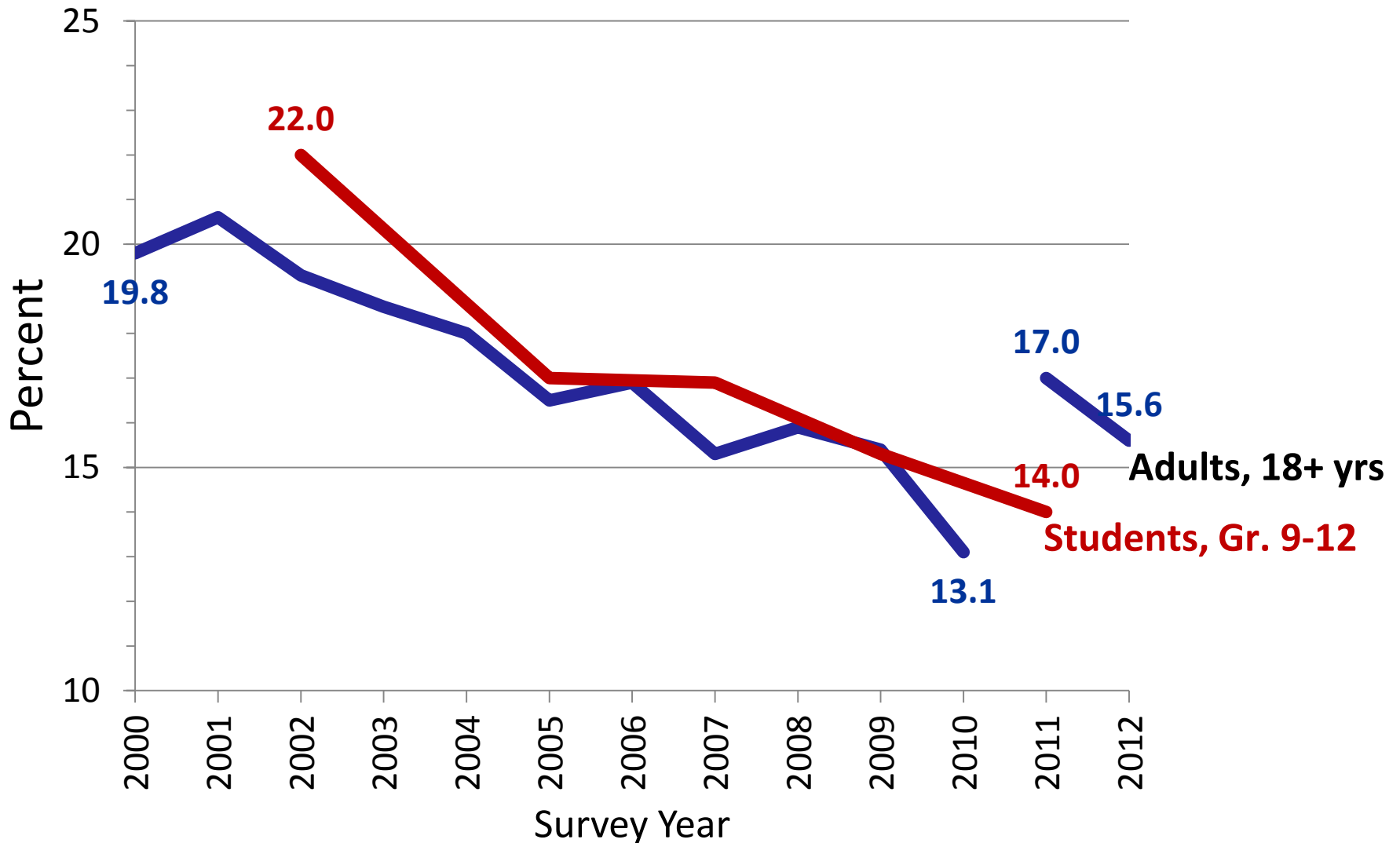
# Chronic Diseases and Their Risk Factors

Modifiable Risk Factors	Chronic Diseases					
	Cancer	Diabetes	Heart Disease	Stroke	Chronic Respiratory Diseases	Chronic Kidney Disease
<b>Obesity/overweight</b>	✓	✓	✓	✓		✓
<b>Physical inactivity</b>	✓	✓	✓	✓		✓
<b>Tobacco use</b>	✓		✓	✓	✓	✓
<b>Unhealthy diet</b>	✓	✓	✓	✓		✓
<b>Excessive alcohol use</b>	✓	✓	✓	✓		✓
<b>Indoor/outdoor air quality (incl. secondhand smoke)</b>	✓		✓	✓	✓	
High cholesterol			✓	✓		✓
High blood sugar (pre-diabetes)			✓	✓		✓
Occupational risk (Chemical, dust, exposure; repetitive joint use)	✓				✓	
Excessive sun exposure	✓					
Microbial agents (Unprotected sex, contaminated needles)	✓					
Ionizing radiation	✓					
Allergens					✓	

Source: Connecticut Department of Public Health, Public Health Systems Improvement. Compiled from various sources.



# Current Smoking in Connecticut Adults and High School Students, 2000-2012

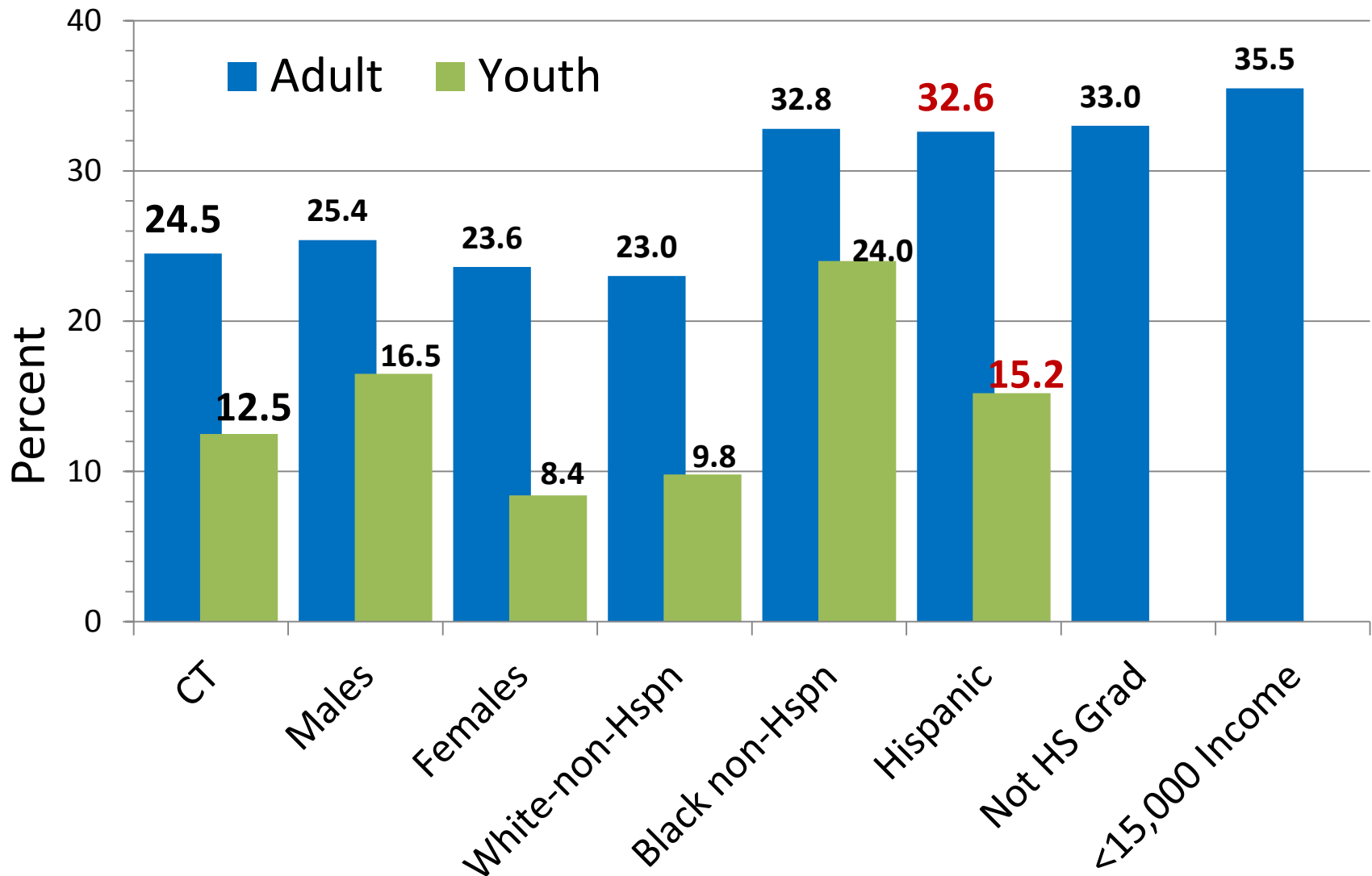


Source: Connecticut Behavioral Risk Factor Surveillance System, 2000- 2012;  
Connecticut School Health Survey, Youth Tobacco Component, 2002, 2005, 2007, 2009, 2011.



Connecticut Department of Public Health

# Obese Adults and Youths, 2011

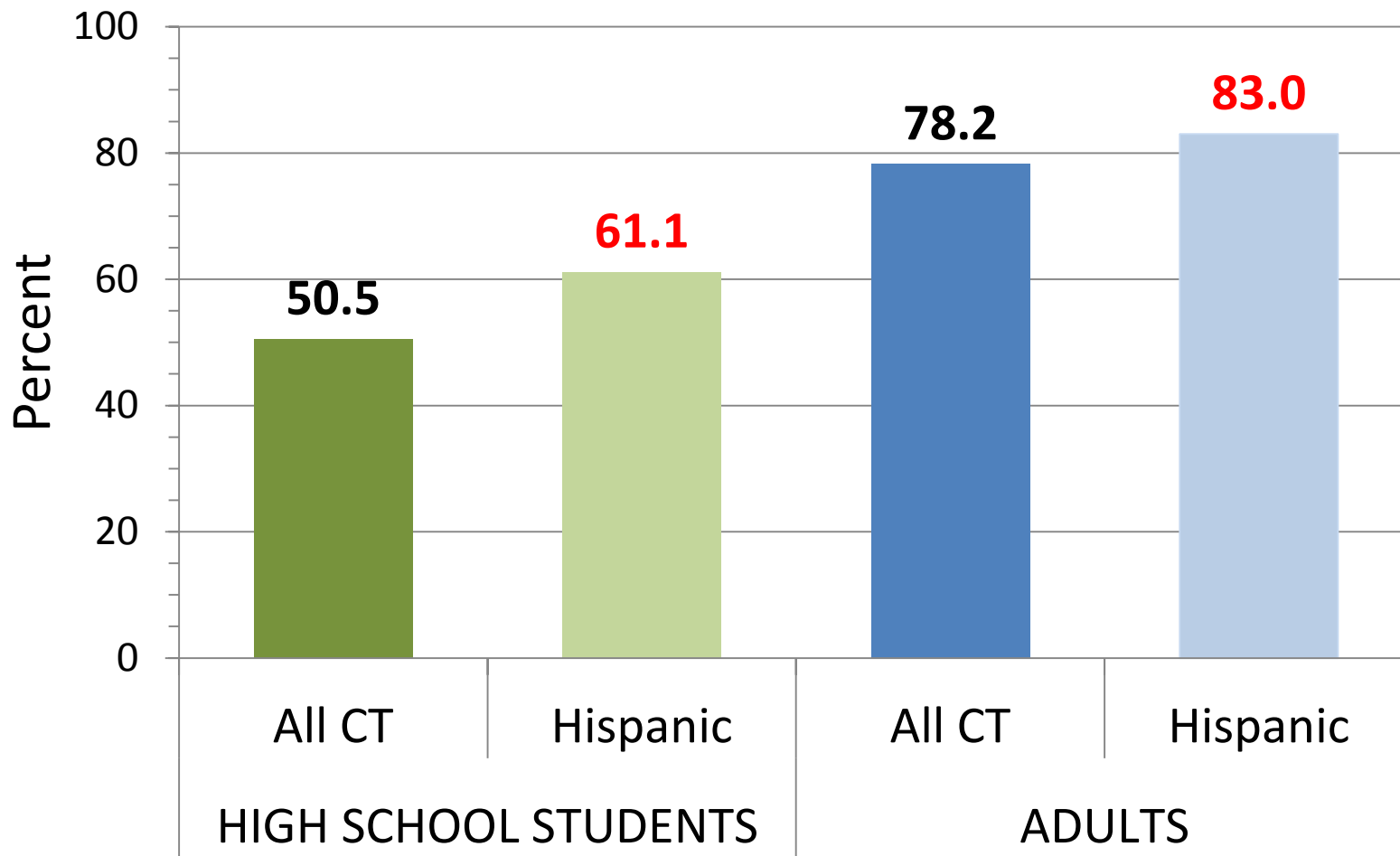


Source: Connecticut Behavioral Risk Factor Surveillance System, 2011;  
Connecticut School Health Survey, Youth Risk Component, 2011.



Connecticut Department of Public Health

# Did Not Meet Physical Activity Guidelines High School Students and Adults 18+ Years of Age Connecticut, 2011





# Asthma in Connecticut

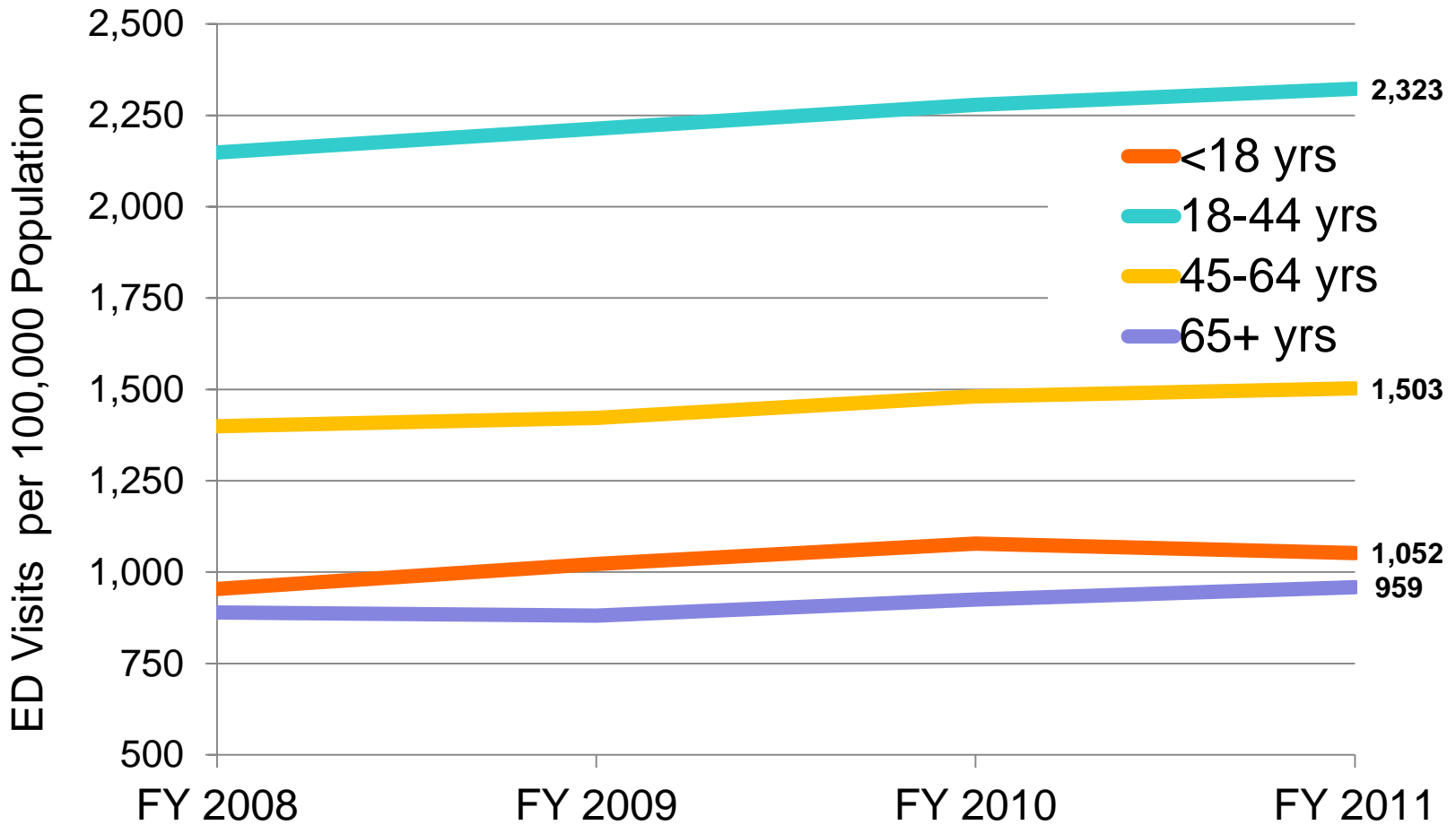


About  
**1 in 10** children &  
**1 in 12** adults  
in Connecticut  
are dealing with  
**asthma.**

# **Mental Health, Alcohol, and Substance Abuse**



# Emergency Department Visits for Mental Health Conditions Connecticut, FFY 2008-2011



Source: Connecticut Department of Public Health, Office of Health Care Access, from Connecticut Hospital Association Chime, Inc. Emergency Department Database, FFY 2008-2011. Mental health as primary diagnosis.



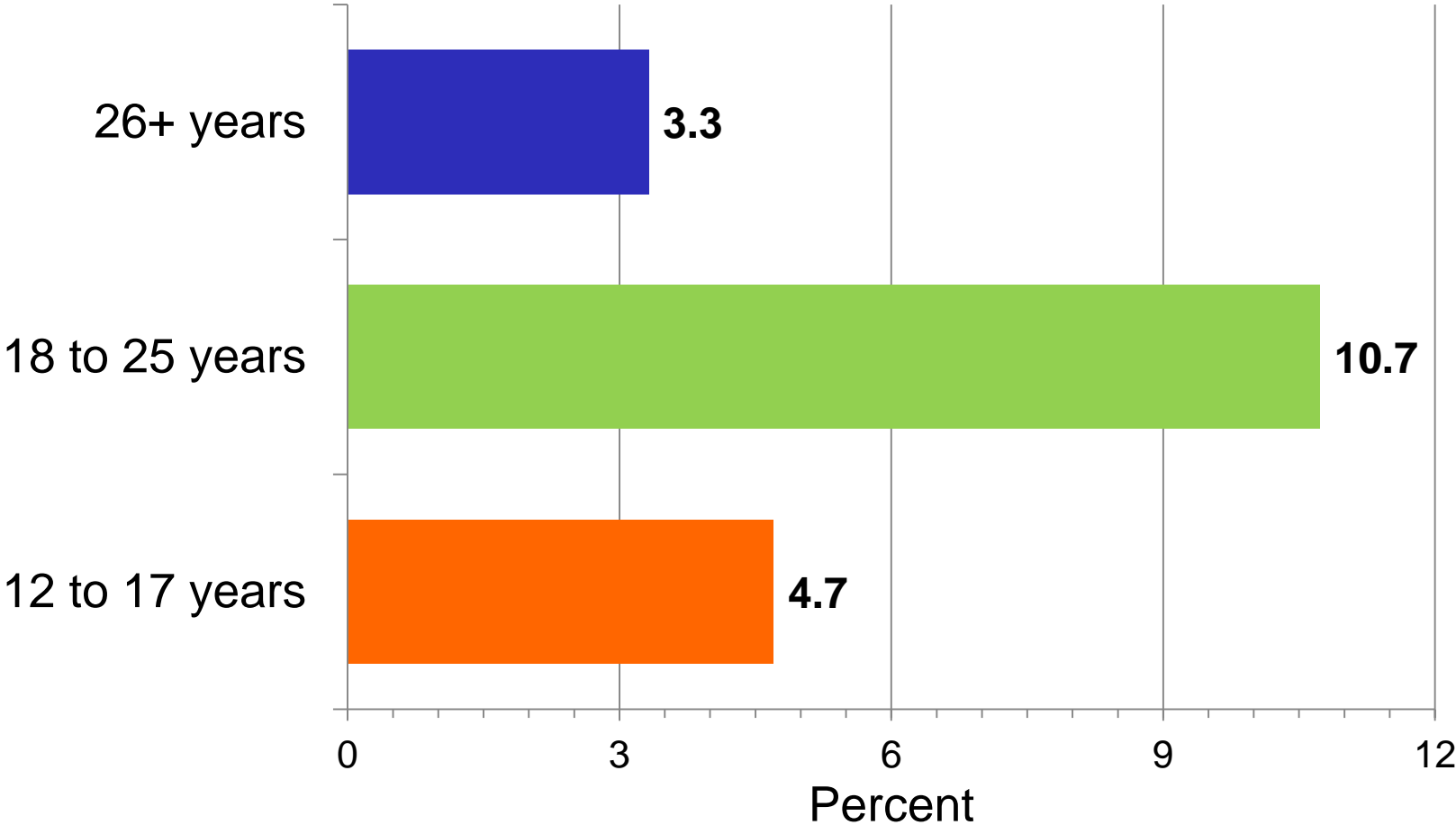
Connecticut Department of Public Health

# Binge Drinking

In Connecticut in 2011,  
**1 in 6** adults and more than  
**1 in 5** high school students  
were binge drinkers.



# Non-medical Use of Prescription Pain Relievers Connecticut, 2010-2011



Source: US DHHS Substance Abuse and Mental Health Administration, National Survey on Drug Use and Health, 2010-2011.



# Injury and Violence



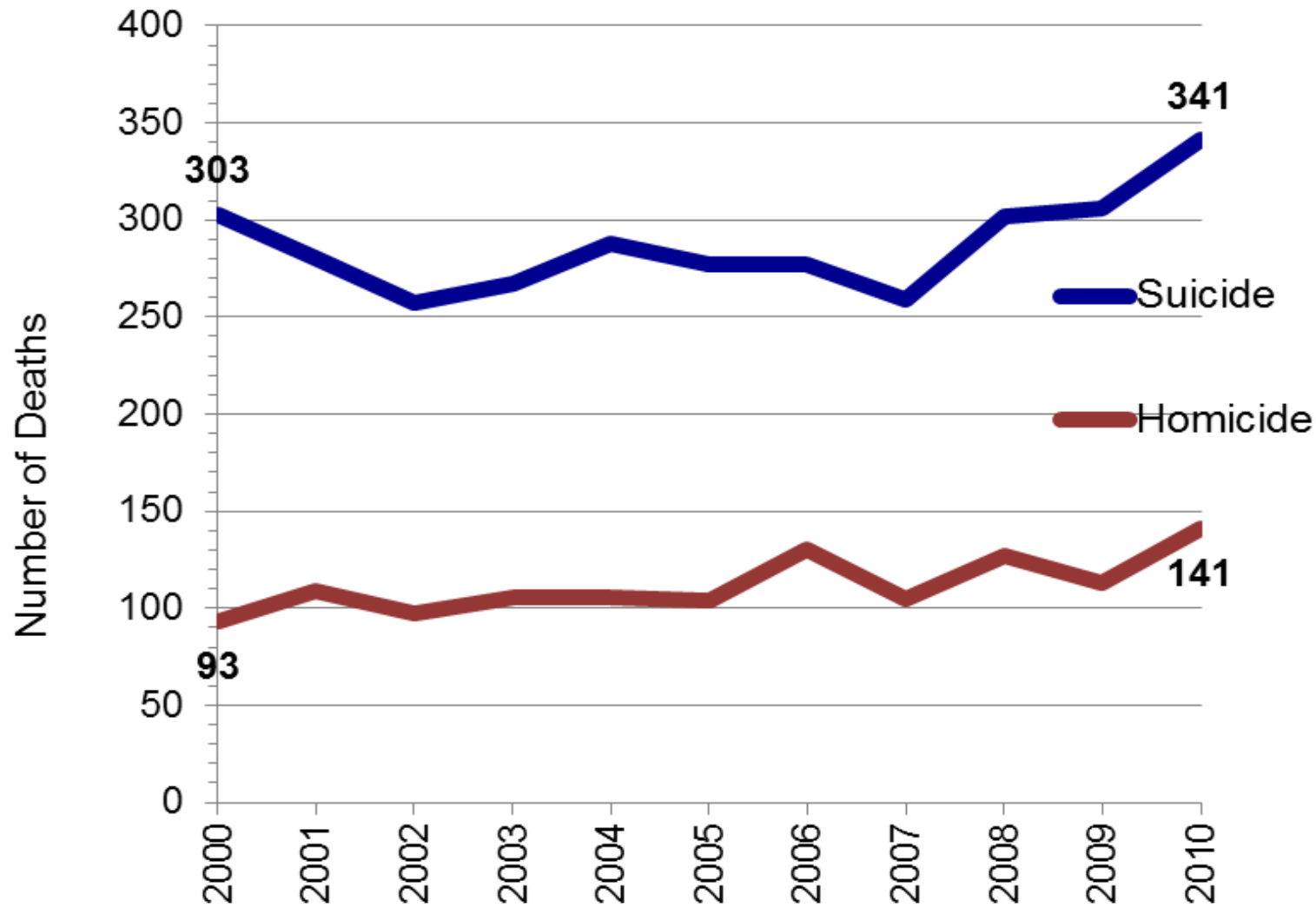


# Accidental Injury Deaths



**Falls are now the leading cause of accidental injury deaths in Connecticut.**

# Suicide and Homicide Deaths, 2000-2010



Source: Connecticut Department of Public Health,  
Mortality Tables, Age-Adjusted Mortality Rate, 2000-2010.

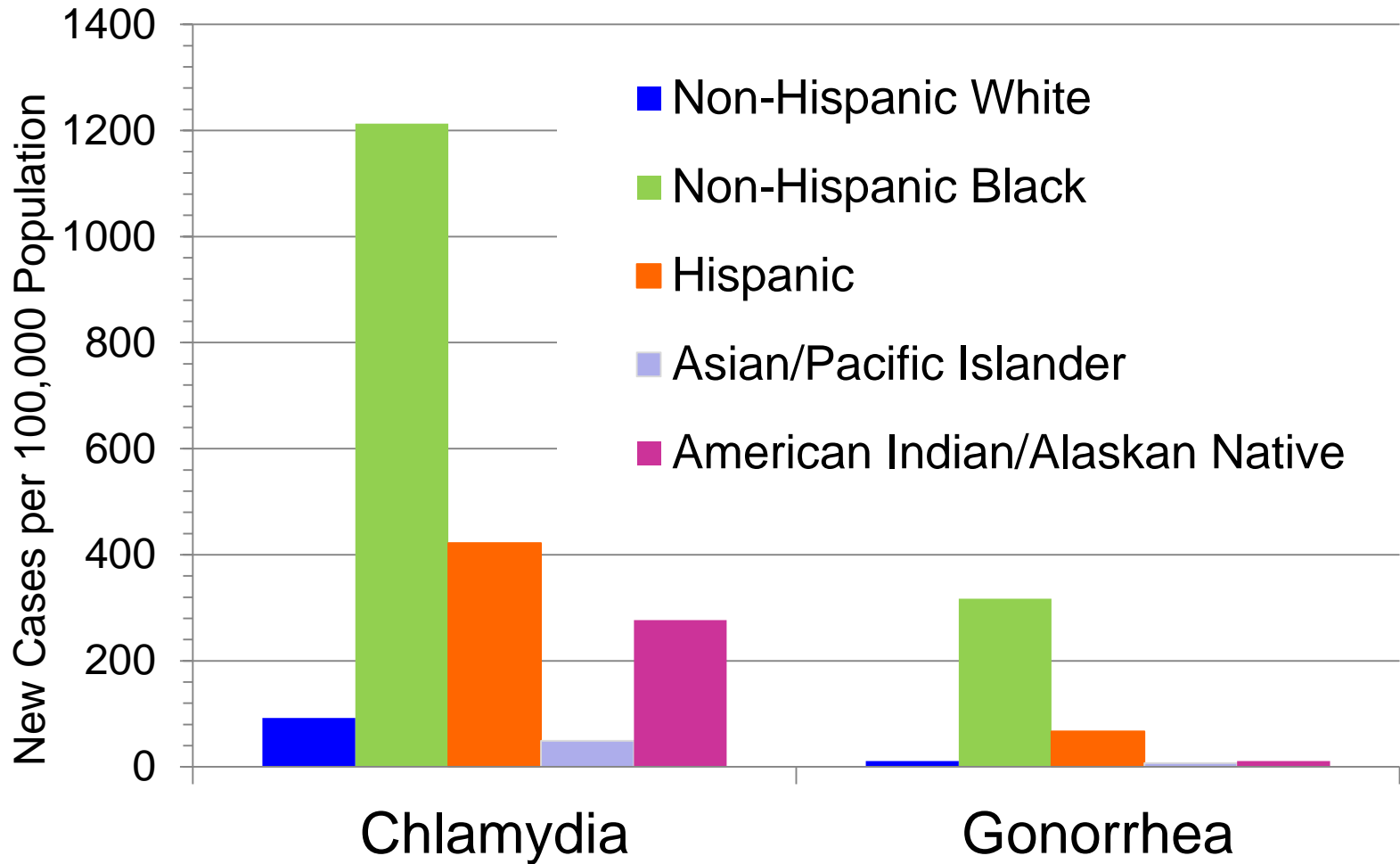


Connecticut Department of Public Health

# Infectious Diseases



# New Cases of Chlamydia and Gonorrhea 2005-2011



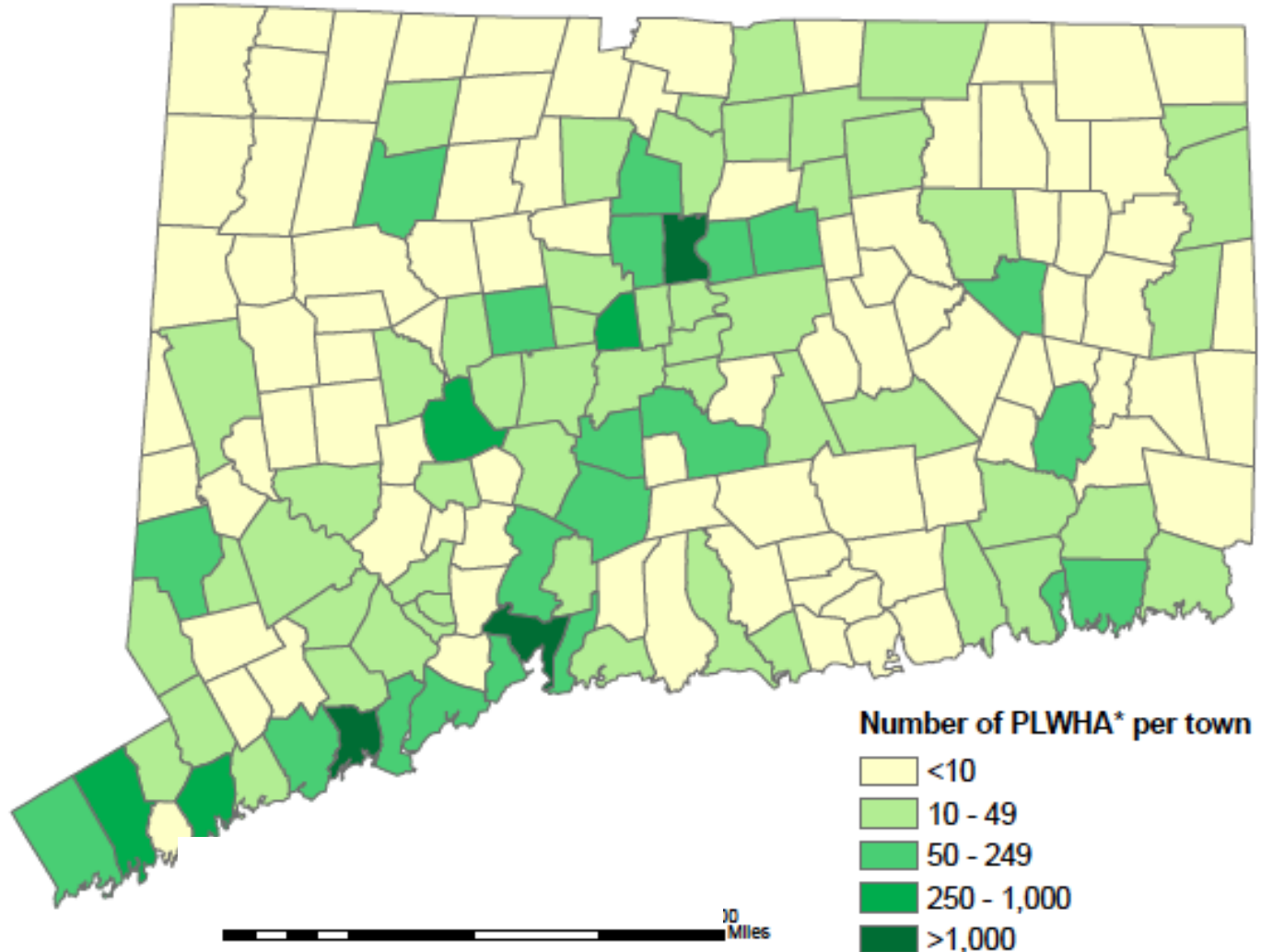
Source: Connecticut Department of Public Health AIDS and Chronic Diseases Section, *Epidemiologic Profile of HIV/AIDS in Connecticut*.



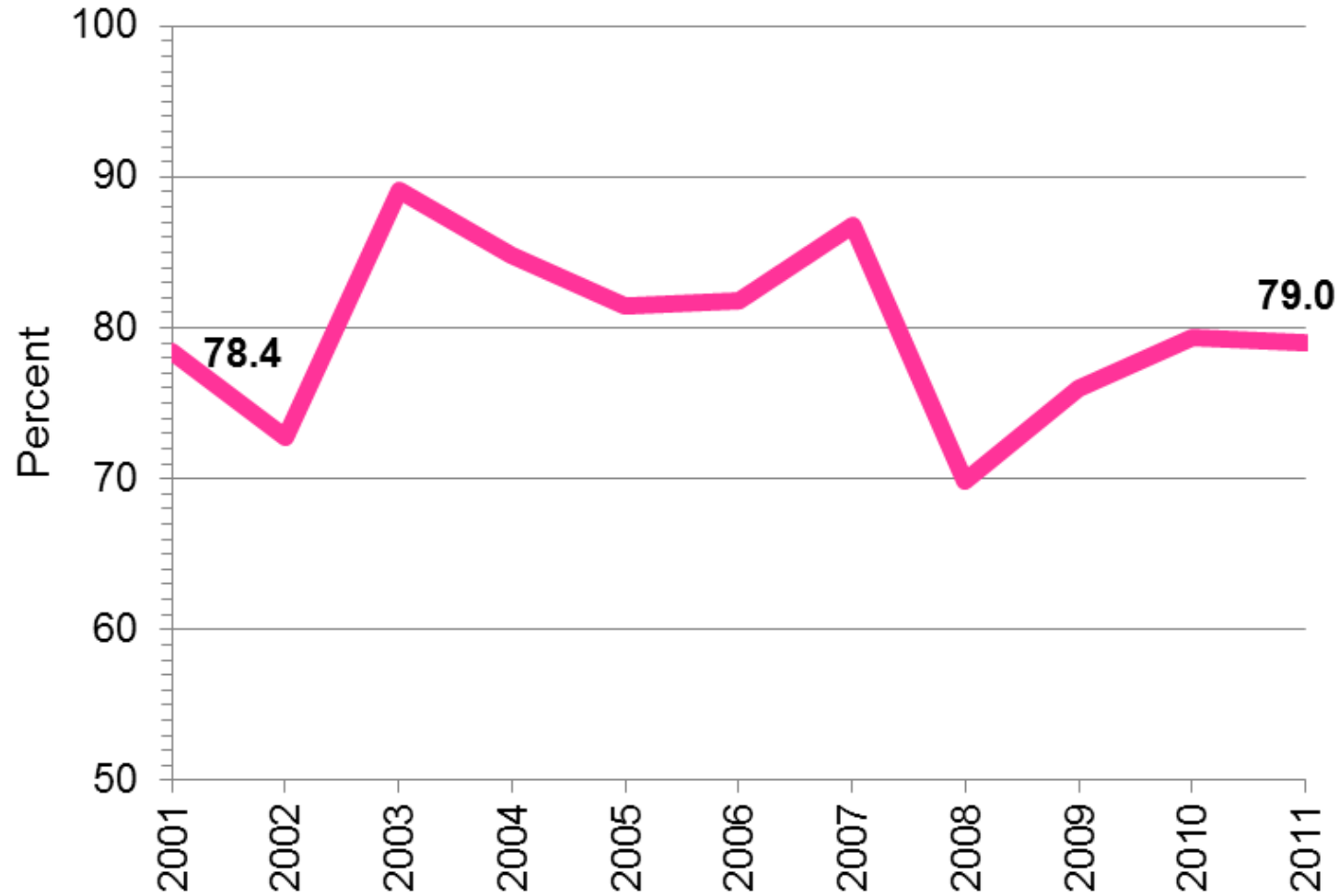
# Persons Living with HIV Infection Connecticut, 2011



\*PLWHA=people living with HIV/AIDS  
Total PLWHA as of 2010: 10,585  
Range of PLWHA per town: 0 - 1,946



# Childhood Vaccination Coverage, 2001-2011 (Children 19 to 36 months of age)

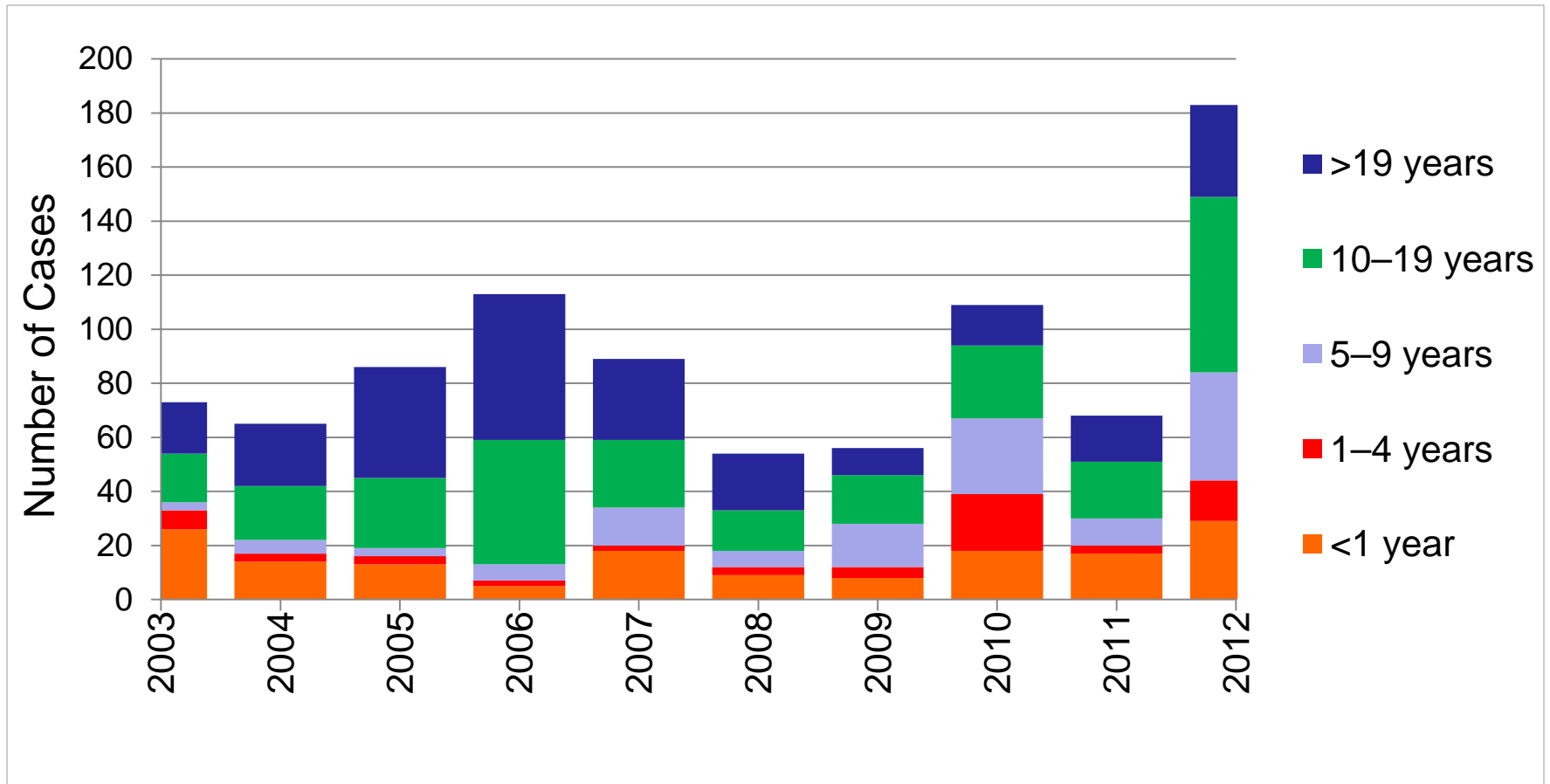


Source: Connecticut Department of Public Health,  
Infectious Disease Section, Immunizations Program.



Connecticut Department of Public Health

# Number of Pertussis Cases by Year and Age Group Connecticut, 2003–2012

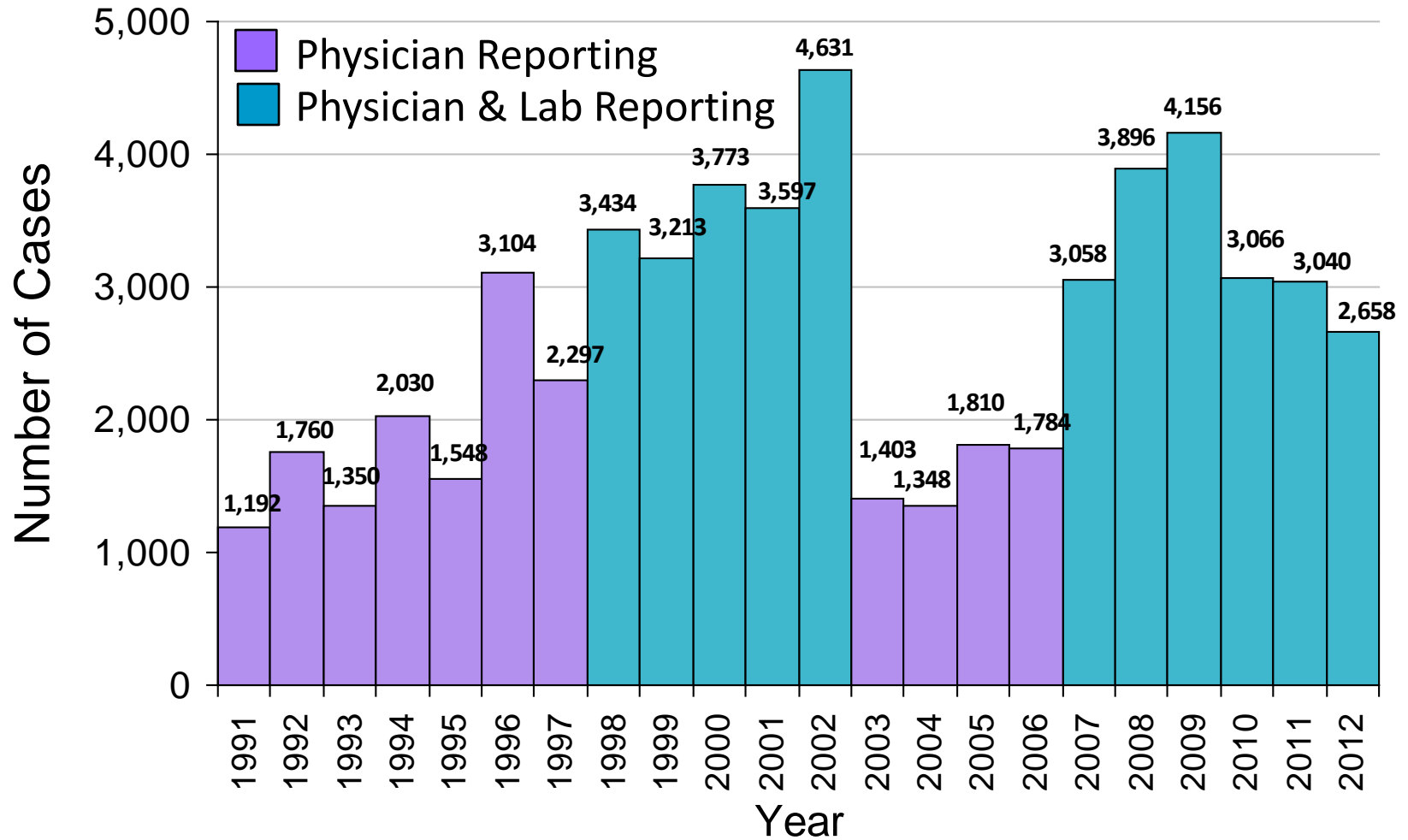


Source: Connecticut Department of Public Health,  
Infectious Disease Section.



Connecticut Department of Public Health

# Lyme Disease Cases by Reporting Method Connecticut, 1991–2012



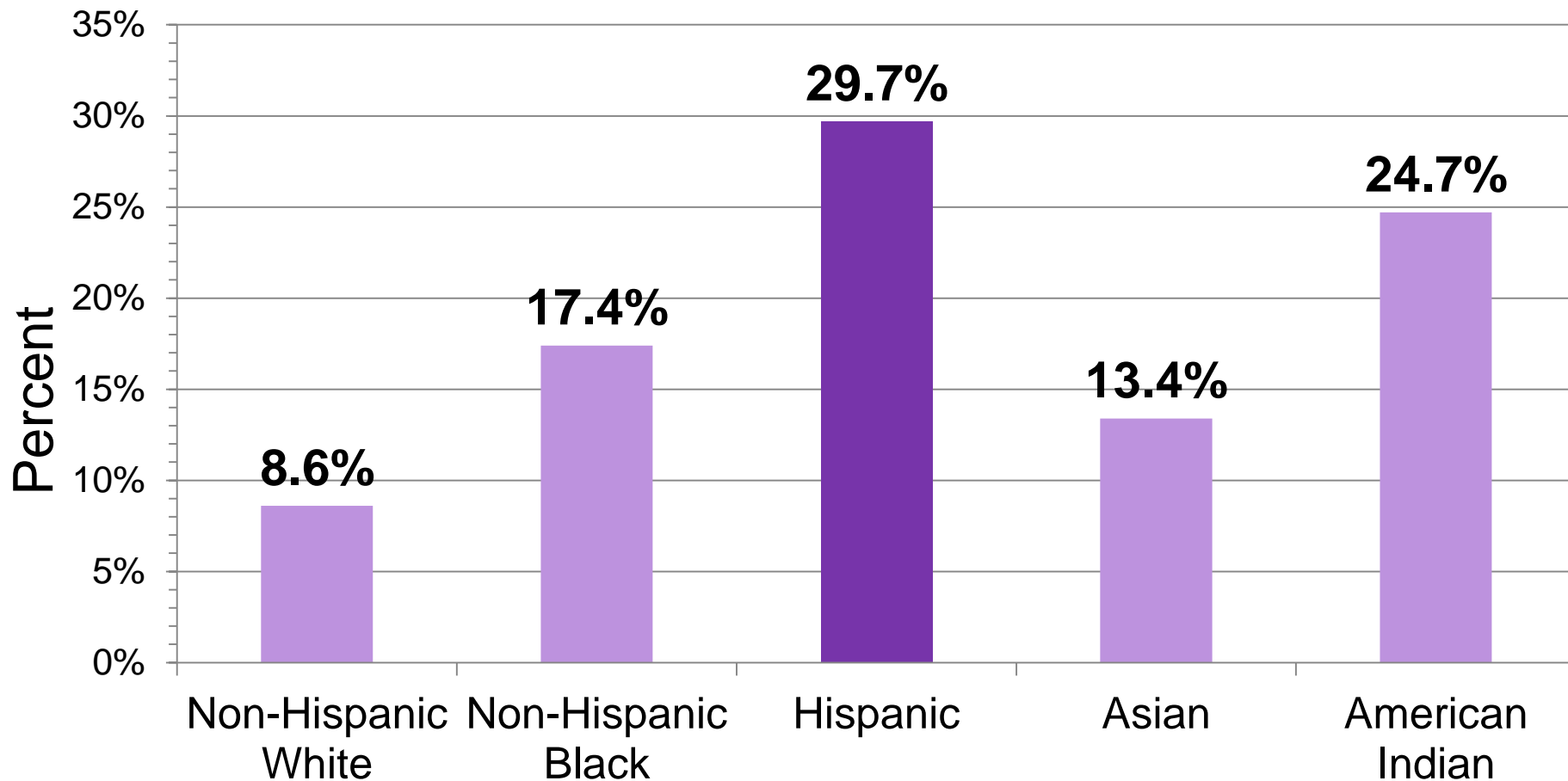
Source: Connecticut Department of Public Health,  
Infectious Disease Section.



# Access to Health Care



# Uninsured Adults (18-64 Years) by Race and Ethnicity Connecticut, 2011



Source: US Census Bureau, American Community Survey, 1-Year Estimates, 2011, B27001 Files



Connecticut Department of Public Health

# Medically Underserved Areas or Populations (MUA/P) and Health Professional Shortage Areas (HPSA) Connecticut, April, 2012

County	Number of MUA/P Designations	Number of HPSA Designations		
		Dental	Primary Care	Mental Health
Fairfield	6	8	9	7
Hartford	7	10	9	4
Litchfield	1	2	2	2
Middlesex	1	3	1	1
New Haven	8	7	8	6
New London	3	4	3	3
Tolland	1	2	2	1
Windham	2	3	3	2
Tribal Nation	*	1	2	1
<b>Connecticut</b>	<b>29</b>	<b>40</b>	<b>39</b>	<b>27</b>

\*Tribal nations have their own special designation.

Source: CT Department of Public Health, Office of Health Care Access,  
Statewide Health Care Facilities and Services Plan, October 2012, Chapter 9, Table 9.2.



# Conclusions

- Chronic diseases, accidental injuries, and violence top the list of reasons for premature death in Connecticut.
- Opportunities exist to address conditions like obesity and behaviors like smoking that contribute to many diseases.
- Lower-income residents are more likely than people with higher-incomes to have risk factors for many diseases.
- Specific age groups such as youths, young adults, and older adults are more at-risk for certain conditions.
- Racial and ethnic minority groups suffer from many conditions at higher rates than the state averages.

# Q & A and Discussion

- *What health issue in your community is the most important to you, and why?*
- *How can your community become a healthier place to live?*



# For More Information...

Connecticut Department of Public Health

[www.ct.gov/dph](http://www.ct.gov/dph)

860-509-8000

